

Alpine Way
900 W. Alpine Way
Shelton, WA 98584

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Postage
Information

www.alpinewayliving.com



www.facebook.com/alpinewayliving

February Birthdays

Resident Birthdays

Lee Hatch 2/15
Gordon Keller 2/17

Staff Birthdays

Erica Sexton 2/1
Kelley Fish 2/3
Bradley Davis 2/9
Sue Bird 2/10
Shawn McCord 2/14
Travis Wagner 2/15
Kim Jenkins 2/27



February

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2024

LOVE

Our Leadership Team

Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Wendy Wincewicz

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Assistant Wellness

Director

Tracy Goers

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Marketing Director

Cyndy Armitage

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Life Enrichment Director

Cathy Kretzer

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Business Office Manager

Brenda Lehman

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Environmental Director

Travis Wagner

TravisW@cascadeliving.com

Plant Operations Director

Rod Davis

RodD@cascadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@cascadeliving.com

From the Executive Director

As I begin 2024, the importance of education and training becomes more and more apparent. In 2023 we had over 2600 hours of training for our team. Knowledge is power and support is critical. The missing puzzle piece is education and information for our consumers. This year, I commit to a monthly education series open to residents, families and invited guests. There will be a wide range of topics and presenters throughout the year ahead presented at Alpine Way. Our first topic will be **Welcome to Memory Care**. This topic will cover what to expect when you move a loved one to Memory Care, what is Dementia, and Positive Approach to Care on **February 21, 2024 at 2:00**. I will be the presenter for this session. For the past 23 years I have worked with residents and families who have been diagnosed with Dementia. Personally, I journeyed this path with my mother for 10 years. Educating and supporting our team, our residents and families is my greatest passion. I look forward to this session including some tips to make the most of every day. In other news, we're very excited to be partnering with **Optum**. This is a United Health Care Care Advantage option that has great benefits to persons who require some assistance with activities of daily living. Some of the benefits are \$7000 toward dental services, 8 routine podiatry services, \$2000 credit to spend on hearing aid devices, 36 one way rides to doctors office or pharmacy at no additional cost and \$300 vision coverage. We will be scheduling a Lobby visit with Nicole Paxton, representative for Optum, who will be able to answer your questions. Finally, as some of you may begin to look at nearing the Medicaid spend down requirement of 24 months, please talk to myself or Brenda Lehman, Business Office Manager 6 months ahead of time. We can get you on the list and assist you with contact information for the DSHS Medicaid worker assigned to Alpine Way.



Mardi Gras

Phat Tuesday is the last day of Carnival and the day before Ash Wednesday. Mardi Gras, also known as Shrove Tuesday, is the intertwining of a period of festivals and feasts that lead to a time of fasting and reflection. This enduring celebration has many traditions and deep roots around the world.

Tuesday, February 13th Alpine will be parading the hallways. You will be hearing and seeing floats made Alpine Way Staff. There will be lots of fun and food all day long!



Last Years Mardi Gras Float Winners: Life Enrichment



Miracle Ear is back!

Leona will be here on Thursday, February 15th at 11:00am. She will be cleaning hearing aids and changing out batteries. This service will be repeated every 3 months with her next time being in May. This is FREE service to all residents so come on down and get your hearing aids checked and cleaned!

Valentine's Day

Valentine's day is a day for love on February 14th. This year for Valentine's Day, We are inviting all of our married couples to a romantic dinner in the meeting room at 5:30pm.



We will also have a special box set out for residents to send candy-grams to one another. For more information see Life Enrichment.

2/2 Zumba Gold
Provided by Steel Feathers

2/5 Almost There Gospel
Music Performance

2/9 Zumba Gold
Provided by Steel Feathers

2/12 Mason County Transit
Presentation

2/13 Mardi Gras Parade

2/14 Valentines Day Couples
Dinner

2/15 Miracle Ear Hearing Aid
Cleaning

2/16 Zumba Gold
Provided by Steel Feathers

2/20 February Birthday Party
W/ John Schwenessen

2/23 Zumba Gold
Provided by Steel Feathers

2/26 Chef Talk Meeting

2/27 Townhall Meeting

Every Wednesday is Social Hour

Every Thursday at 10:00am is
Banking and Shopping

Every Friday is Cocktail Hour